

## Registration form

NAME

PHONE

ADDRESS

CITY/STATE/ZIP

E-MAIL

Are you a HealthEast employee?  Yes  No

T-shirt size:  Small  Medium  Large  
 XL  XXL

## Payment method

*(Mail check with registration or submit credit card payment information)*

CREDIT CARD #  MASTERCARD OR  VISA ACCEPTED

EXPIRATION DATE

NAME AS IT APPEARS ON CARD

**Note:** Registration fee is \$40 per person, \$25 for HealthEast employees. To register for the *Heart of Summer 5K/10K Walk Run* at Lake Nokomis check the box below and add the additional registration fee to your check. By registering for the race today you will receive \$5 off the normal registration fee.

- I would like to register for the Heart of Summer 10K Race. I have enclosed an additional \$30 (regular price, \$35) for my registration fee.
- I would like to register for the Heart of Summer 5K Race. I have enclosed an additional \$25 (regular price, \$30) for my registration fee.

## Fax or mail registration with payment to:

Kimberly Morgan, St. Joseph's Hospital  
45 W. 10th Street, St. Paul, MN 55102  
Phone: 651-326-3420  
Fax: 651-326-8428



Boston Scientific  
**HEART** of summer  
5k and 10k

# Get Walking/Running with the Heart of Summer Training Clinics!



The training clinics and event are sponsored by:

Boston  
Scientific

HealthEast  
Care System



## What?

HealthEast Care System and Boston Scientific are collaborating to provide training clinic opportunities to help you achieve a more physically active lifestyle. The 11-week training clinics are designed for individuals who have inactive lifestyles or those who want to increase their endurance. The registration fee is \$40 per person, \$25 for HealthEast employees.

Clinics meet weekly and include presentations, health tips and training schedules to meet individual goals. You will also have the option to enter the *Boston Scientific Heart of Summer 5K/10K Walk/Run* at Lake Nokomis in Minneapolis on July 25, 2009. For more information on the race, go to [www.heartofsummer.org](http://www.heartofsummer.org). 50% of the race proceeds will benefit HealthEast Women's HeartAdvantage Program.

## How?

To register for the training clinics, fill out the information on the back of the brochure and send or fax with your payment to the address below. Make checks payable to HealthEast Care System.

For more information on the training clinics or to register by phone, call Kimberly Morgan at St. Joseph's Hospital, 651-326-3420. HealthEast Care System is a not-for-profit organization.

## Training Clinics

The 11-Week training clinics begin Tuesday, May 12, 2009 at 5:30 pm at Como Park Picnic Shelter, in St. Paul.

**The training clinics and event are sponsored by Boston Scientific and HealthEast Care System.**

